

# ABSTRACT OF THE DISCLOSURE

A fiber optic cable having at least one optical fiber component disposed within at least one formed area of a strength member. The strength member including a metallic or dielectric sheet having the formed area generally formed relative to an axis of the cable. The cable also includes a cable jacket substantially surrounding the strength member. The cable may include a decoupling zone adjacent the optical fiber component, a water-blocking component and/or an interfacial layer at least partially disposed between an outer surface of the strength member and the cable jacket. Another embodiment is a composite cable having a strength member formed from a sheet. The strength member further comprises an interior space having a central electrical conductor surround by a dielectric material at least partially filling the interior space and functioning as an insulator between the central electrical conductor and said strength member.